

A Productivity Expert's Guide to Overcoming Procrastination

GoSkills online course syllabus

Skill level

Beginner

Lessons

9

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

13m

Estimated study time

13m 10s

Instructor

Mike Vardy

Introduction

- 1** Replacing procrastination with productivity
Experiencing mounting to-do lists and busy calendars due to procrastination?

How Procrastination Takes Hold

- 2** Defining procrastination
Many of us put off our goals and lean in to procrastination.
- 3** Why you procrastinate
When you recognize the obstacles on your path to productivity you'll be better equipped to stick to your plans.
- 4** Overcome survival mode
Procrastination takes root in your thoughts and puts your brain into a state of survival.
- 5** Busting the procrastination myth
There is a time and place for procrastination.

Rooting out Procrastination

- 6** Identifying procrastination before it happens
When you know what you want, procrastination loses its hold over your mind.

7

Eliminating procrastination

Themes aren't just for parties, they are a great tool to gain ground on your goals.

8

Transforming procrastination into productivity

You can make great things happen in your life by paying attention to when procrastination tries to develop roots.

Conclusion

9

Thriving with productivity

You are now armed with the tools to beat procrastination and make the most of your time, every day.

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